Serena Vista Retreat Center

description of center

Serena Vista offers five to eight day wellness retreats and other program retreats. Or, guests can come to Serena Vista just for rest, relaxation, and renewal. Daily meal plan options of one, two, or three meals may be selected.

Guests may also stay beyond the program week to practice new skills. We work hard to keep costs low so that longer stays are affordable. The center also provides the housing, meals, equipment, services, and activities needed to make your own organization's meeting or workshop a success. We have an outstanding library; seminar and break-out rooms; and larger indoor and outdoor spaces for gatherings. Serena Vista is small, so we can individualize our offerings to meet your needs. Staff members are available for private consultations Office personnel, a computer technician, a nurse, counselor, and a physician therapist are on staff to assist you. Two physicians are on call. Other private services are available.

Swimming and soaking pools.

Get-togethers on the patio or terrace.

Healthy meals from our organic gardens.

Rooftop exercise area and gardens.

Serena Vista Retreat Center

Loma de Guadalupe #9

Álamos, Sonora, México

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www.serenavistaretreatcenter.org

A Life-Changing Experience

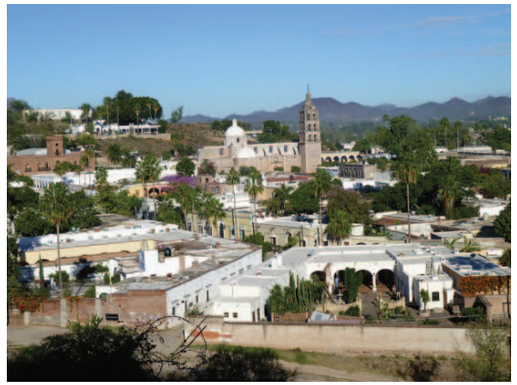
Relax • Reflect • Refocus • Renew

WELLNESS RETREATS PROGRAM RETREATS

FOR INDIVIDUALS AND SMALL GROUPS

See website for program details, packages and costs.

Serena Vista is a project of Pacifica Institute, a non-profit 501(c)(3) corporation licensed in the state of Alaska. Offices are located at 4577 Campbell Park Loop, Anchorage Alaska 99507. Proceeds from Serena Vista are dedicated to providing seed money and/or start-up costs for other educational and social projects approved by Pacifica.



Serena Vista is located in the historic colonial city of Álamos, a unique pueblo over 350-year old In southern Sonora. This "Pueblo Magico," long a hideaway for celebrities and the wealthy, is now enjoyed by artists and other residents. Still, it remains a tranquil setting far from resorts and the mainstream. Álamos has 350 days of sunshine a year, with a perfect climate October–May. The center is closed June–September.

Serena Vista is located in a 250-year-old country Villa. It is comfortable, and service is excellent, but it is not a luxury resort. You will not need designer outfits or expensive jewelry; guests wear shorts, jeans, t-shirts, kaftans, and shifts. The atmosphere is relaxed and informal.

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ACCOMMODATIONS

Main suite has bath, dressing room, fridge, microwave, view of mountains.

Guest suite in main house has bath, fridge, microwave.

Lower casita has kitchenette, balcony bath and dressing room, opens to patio.

Upper casita has balcony, kitchenette, bath, opens to roof garden and view.

View of Álamos, Sonora, México, from the terrace of Serena Vista Retreat Center, a new Retreat and Wellness Center that serves both individual guests and small groups.

HERE IS WHAT WE DO:

- Provide quiet, comfortable accommodations for guests who just want to relax and explore Álamos on their own, with a breakfast-only option and no program
- Provide a peaceful setting that helps guests reflect on their lives and goals
- Provide a healthful diet of fresh delicious meals
- Provide an individualized fitness program
- Provide extra help for guests who are exercise averse
- Provide spa services
- Provide help in developing a stress management plan
- Provide stimulating presentations and discussions
- Provide a structure that helps guests complete an important project
- Provide guidance in transitioning from a previous relationship or entering a new phase in life, such as retirement or recovering from a death, job loss, or divorce
- Provide a satisfying travel and cultural experience

INTENSIVE WELLNESS PROGRAM COMPONENTS:

- Pacifica's wellness program was developed by outstanding professionals in their fields and has been extensively tested.
- Day One: Comprehensive self-assessment
- Day Two Nutrition Focus
- Day Three: Exercise Focus
- Day Four: Stress Management Focus
- Day Five: Environment and Personal Growth
- Day Six: Goal setting; finalize take-home plan

IMPORTANT NOTE: Prior arrangements must be made for classes, activities, and tours so your program will be in place upon your arrival in Álamos.

SAMPLE DAILY SCHEDULE

Your schedule will vary depending on your program choices and length of stay

- Arrival: Friday afternoon: Welcome dinner on the terrace
- Saturday: Rest, relax, discover Álamos, orientation session 1
- Sunday, Day One: Tour, orientation session 2, consultations, relaxation
- Monday–Friday, Days 2-6: Schedule below
- Saturday, Day 7: Selected day trip
- Sunday, Day 8: Wrap-up; selected activity; departure

MONDAY–FRIDAY SCHEDULE

- 6:00am Fruit and beverage on the terrace
- 6:30 Sunrise stretches on the terrace
- 7:00 Morning walk, geared to fitness levels
- 8:00 Breakfast on the patio
- 8:30 Individual consultations and assessments
- 9:00 Project work, program workshop, class
- 12:00 Selected exercise workout
- 12:30pm Lunch and siesta or planned activity
- 2:30 Project or workshop session
- 4:30 Pool, tai-chi, yoga
- 5:30 Happy hour with local guests
- 6:30 Dinner, with speaker and discussion
- Evening Free time or planned activity